

Lunes	Martes	Miércoles	Jueves	Viernes	I. Nutricional
<div>1</div> <div>Pasta (sin gluten) con tomate Lacón a la gallega con ensalada de lechuga y maíz Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Lacón pork shoulder with potatoes with lettuce & sweetcorn Fruit and bread (gluten free)</div>	<div>2</div> <div>Arroz con salsa de tomate Tortilla francesa de jamón york con ensalada de lechuga y aceitunas negras Yogur y pan (sin gluten) Rice with tomato sauce Cooked ham omelette with lettuce & olives Yoghurt and bread (gluten free)</div>	<div>3</div> <div>Lentejas estofadas con verduras Pollo asado con verduras Fruta y pan (sin gluten) Stewed lentils Grilled chicken with vegetables Fruit and bread (gluten free)</div>	<div>4</div> <div>Crema de calabaza Filete de merluza al horno con ensalada de lechuga y maíz Fruta y pan (sin gluten) Butternut squash cream Baked hake with lettuce & sweetcorn Fruit and bread (gluten free)</div>	<div>5</div> <div>Sopa de ave con fideos (sin gluten) Hamburguesa a la plancha con patatas fritas Fruta y pan (sin gluten) Chicken soup with noodles (gluten free) Grilled hamburger with french fries Fruit and bread (gluten free)</div>	<div>VE: 688</div> <div>HC: 77</div> <div>PROT: 24</div> <div>GT: 30</div>
<div>8</div> <div>Crema de calabacín Ragout de pavo con patatas fritas Fruta y pan (sin gluten) Zucchini cream Turkey stew with french fries Fruit and bread (gluten free)</div>	<div>9</div> <div>Alubias estofadas con verduras Lomo a la plancha con ensalada Yogur y pan (sin gluten) Beans with vegetables Grilled tenderloin with salad Yoghurt and bread (gluten free)</div>	<div>10</div> <div>Pasta (sin gluten) con tomate Ventresca de merluza al horno con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Baked hake with green salad with olives Fruit and bread (gluten free)</div>	<div>11</div> <div>Arroz con salsa de tomate Revuelto de jamón york con ensalada de lechuga y tomate Fruta y pan (sin gluten) Rice with tomato sauce Scrambled eggs with ham with lettuce & tomatoes Fruit and bread (gluten free)</div>	<div>12</div> <div>Sopa de estrellas (sin gluten) Albóndigas con tomate con patatas dado Helado apto y pan (sin gluten) Star pasta soup (gluten free) Meatballs with tomato sauce with diced potatoes Ice-cream (suitable) and bread (gluten free)</div>	<div>VE: 699</div> <div>HC: 75</div> <div>PROT: 25</div> <div>GT: 31</div>
<div>15</div> <div>Arroz con salsa de tomate Abadejo al horno con ensalada de lechuga y remolacha Fruta y pan (sin gluten) Rice with tomato sauce Baked haddock with lettuce and beets Fruit and bread (gluten free)</div>	<div>16</div> <div>Lentejas estofadas con verduras Tortilla de calabacín con ensalada de lechuga y aceitunas Yogur y pan (sin gluten) Stewed lentils Zucchini omelette with green salad with olives Yoghurt and bread (gluten free)</div>	<div>17</div> <div>Puré de verduras Albóndigas a la jardinera Fruta y pan (sin gluten) Vegetables purée Meatballs with vegetables Fruit and bread (gluten free)</div>	<div>18</div> <div>Sopa de ave con fideos (sin gluten) Jamoncitos de pollo al ajillo con ensalada de lechuga y aceitunas negras Fruta y pan (sin gluten) Chicken soup with noodles (gluten free) Chicken drumsticks in garlic sauce with lettuce & olives Fruit and bread (gluten free)</div>	<div>19</div> <div>Pasta (sin gluten) con tomate Magro con patatas dado Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Pork loin steak with diced potatoes Fruit and bread (gluten free)</div>	<div>VE: 702</div> <div>HC: 76</div> <div>PROT: 28</div> <div>GT: 30</div>
<div>22</div> <div>Crema de calabacín Lacón al horno con ensalada de lechuga y zanahoria Fruta y pan (sin gluten) Zucchini cream Baked lacón pork with lettuce & carrot Fruit and bread (gluten free)</div>	<div>23</div> <div>Sopa de picadillo (sin gluten) Lomo a la plancha con ensalada de lechuga y aceitunas Yogur y pan (sin gluten) Broth with ham & egg bits (gluten free) Grilled tenderloin with green salad with olives Yoghurt and bread (gluten free)</div>	<div>24</div> <div>Arroz con salsa de tomate Filete de merluza al horno con ensalada Fruta y pan (sin gluten) Rice with tomato sauce Baked hake with salad Fruit and bread (gluten free)</div>	<div>25</div> <div>Lentejas estofadas con verduras Revuelto de jamón york con ensalada de lechuga y aceitunas Fruta y pan (sin gluten) Stewed lentils Scrambled eggs with ham with green salad with olives Fruit and bread (gluten free)</div>	<div>26</div> <div>Pasta (sin gluten ni huevo) napolitana Pollo asado con patatas fritas Helado apto y pan (sin gluten) Neapolitan pasta (gluten & egg free) Grilled chicken with french fries Ice-cream (suitable) and bread (gluten free)</div>	<div>VE: 677</div> <div>HC: 72</div> <div>PROT: 26</div> <div>GT: 33</div>
<div>29</div>	<div>30</div>	<div>31</div>		<div>SIN GLUTEN</div>	<div>VE: 0</div> <div>HC: 0</div> <div>PROT: 0</div> <div>GT: 0</div>